



The Tribune Institute

At Your Service



Keep Your Servants Happy by Selecting Labor Saving Utensils

TESTED AIDS FOR THE HOUSEHOLD

Look in Part II, Tribune Graphic, for Detailed Illustrations of the Appliances Described on This Page

Efficiency and Sanitation
Both Covered by Modern Inventions

Combination Kettle and Steamer.
Made by American Stamping and Enameling Co., Massillon, O., and Fifth Avenue Building, Fifth Avenue and 23d Street, New York.

AND still we gaze and still the wonder grows that one small device so many things could do. Only an aviator or a foot-soldier could really appreciate this modest-looking kettle; it takes up so little room, weighs so little and does so much. With all due respect to the housewife, no woman who is used to a grown-up kitchen equipment could possibly see the full beauty of six kettles in one.

When plain boiled viands are desired, the kettle goes soberly, disguising the fact that it can be anything more than just a kettle, with or without the cover. But put in the perforated inset and it becomes a steamer, ready to conserve all the mineral salts that could be claimed by any honest vegetable. Adjust the pudding pan and it is a double boiler in which nothing can scorch or dry out. Use only the pudding pan with the cover and lo! it is a casserole. Reverse the same pudding pan on top of the kettle and it is a roasting pan. In addition to these six legitimate uses, the perforated inset can serve as a colander.

The Combination Kettle and Steamer was given a severe test in the laboratory of The Tribune Institute, and came through unscathed. Each piece separately was heated for three minutes over a gas burner using fifteen cubic feet of gas per hour. Then half a cup of cold water was thrown in quickly. This would have ruined a poor kettle, but there was not a suspicion of chipping or warping.

For all its variegated possibilities as a cooking utensil, the Combination Kettle and Steamer is really very simple and easy to clean. It has four parts, made of seamless enamel steel finished with a dark blue vitreous glaze. The parts, which fit together perfectly and are finished smoothly both inside and out, are: a five-quart kettle with a bail handle and a wooden grip, a perforated inset for steaming, a pudding pan and cover. Price, \$1.50.

Perfection Lifter.

Made by the Delaware Merchandising Co., Sidney Center, N. Y.

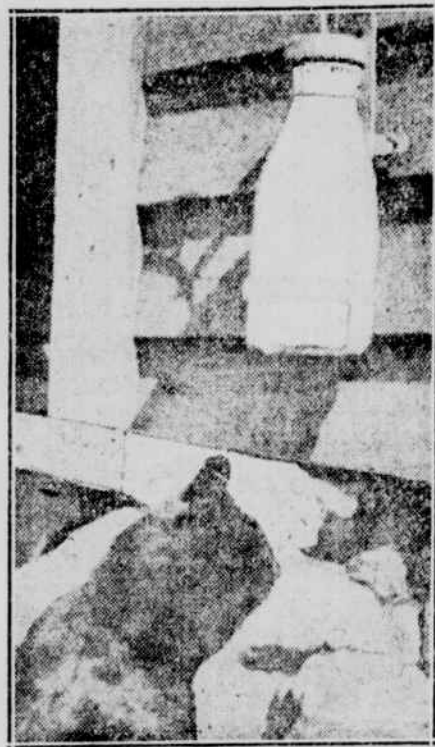
This thing looks most unpromising—something like the skeleton of a shelter tent—but it really is a great convenience around the kitchen. The long spidery legs are extension hands, operated by a finger lever in the handle, and they lift easily and surely any kind of a hot or sticky pot, pan or plate that offers a rolled edge or anything that assures a purchase underneath.

The Perfection Lifter has a seven and a half inch black wooden handle, with a strong wire rod projecting from the forward end. The two spidery wire arms that grip are attached to this rod and the grip is regulated by the lever. The arms are four and a half inches wide and spread far enough apart to grasp pots and pans ten inches in diameter. Price, 25 cents.

D. & B. Mop Wringer and Pail.

Made by the Dobbins Mfg. Co., 114-116 South Third Street, Stillwater, Minn.

Nobody but a congenial scrublady will get down on hands and knees to yield the scrubbing brush. Most maids regard the very suggestion as good and sufficient reason for hunting another job. Therefore the housewife, who performs must walk warily with respect to the demands she makes of her handmaid, will welcome a combined mop wringer and pail



The Time Sir Thomas Tasted Only Disappointment.

that enables this disagreeable task to be done easily and without the necessity of stooping or wetting the hands in muddy soapuds.

The D. & B. Mop Wringer and Pail—which is merely a galvanized steel bucket with the mop wringing mechanism mounted upon it—is used with an ordinary mop, like any other pail. But it has a projection at the base upon which the maid stands when she wants to wring the mop. This holds the pail firmly to the floor while with her right foot the "mopper" presses down upon a lever that draws the rolls at the top of the pail together, while the dripping mop is drawn up between them. The force of the wringer is regulated by the pressure of the foot, so that without effort or stooping the mop can be wrung to the dryness desired.

The apparatus is constructed throughout of metal. It is more sanitary than the wooden type and the rolls will not warp or lose their shape. The family size of this mop wringer weighs nine pounds when empty. Its capacity is eleven quarts. Price, \$2.25.

"Triumph" Sanitary Milk Bottle Holder.
Made by the Parker Wire Goods Co., Worcester, Mass.

"I guess you have the cats and dogs beaten all right," commented the milkman as he was shown the milk bottle holders screwed to the wall in a shady corner and asked to put the milk bottles there in future, instead of on the porch.

"Exactly," replied the mistress of the house, "that was what I had in mind when I bought these holders. I came out early the other morning and found the cat licking the top of the cream bottle, where a stray drop or two had oozed from under the cap. Even washing the tops of the bottles before they are opened has seemed inadequate since then, especially as I am not always down in time to make sure that they are washed. There are germs enough without kitty's contribution."

This holder, which is fastened to the wall at a height of four or five feet, is certainly



The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks and months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely. Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service.

cat and dog proof. The milk bottle stands in a metal frame and is covered by a metal cap that slips up and down on a movable rod, and fits closely over the top of the bottle. It is made of galvanized steel so finished as to be practically weather-proof, is simple in design and gives no extra trouble to the milkman. We know this because the test of this contrivance was given, not in the laboratory of The Tribune Institute, but at a country house which possesses a real cat and a real milkman. As the illustration (taken from a snapshot) shows, the cat disapproves thoroughly of such a needless, new-fangled device, but the enthusiasm of the milkman almost equals that of the family. Price, 50 cents.

S. & S. Beater No. 2.

Made by the "S. & S." Department, National Indicator Company, 852 Vernon Avenue, Long Island City, New York.

A covered glass mixer that can really make mayonnaise, whip cream, beat eggs and turn out perfect butter is a friend worth having. The cream and the eggs can easily be managed with an ordinary bowl and a plain, hard-working egg-beater, so this completely equipped

mixer is merely a splash-saving luxury so far as they are concerned. But with butter and mayonnaise it is different. Sometimes one has a little bit of cream that would make a delectable lump of fresh, sweet butter for afternoon tea, but which is too small to bother putting into the churn. Try it in the S. & S. Beater; it is no trouble and you get your butter.

As for mayonnaise, you simply put the egg yolks, vinegar or lemon juice and seasoning into the mixer, fill the oil cup, put on the cover and turn the wheel. It does the rest. A wire pin which fits into the opening of the oil cup controls the flow of oil so perfectly that from the slow drip required at first you can quicken the flow as the mayonnaise progresses toward completion. No splashing, no weary effort to hold the oil bottle with one hand while you wield the fork with the other; best of all, no curdling at the precise moment you begin to count confidently on success.

The S. & S. Beater No. 2 is a glass bowl with tapering sides and a polished steel top on which is mounted a stamped driving gear wheel with a crank which operates the eight beater blades in the bowl. The glass oil cup



The Sink Garbage Pail with the Lid That Strains Out All Liquid Refuse.



The Pail and Wringer That Make Mopping Easy.

with its simple regulating device is also mounted on the cover. Price, \$1.25.

Dover Sanitary Sink Pail.

Made by the Dover Stamping and Manufacturing Co., 385 Putnam Ave., Cambridge, Mass.

This is a small pail that stands in the sink to receive scrapings and other odds and ends of refuse from the table and from cooking, to be transferred later to the garbage pail. One great advantage is that the cover is perforated so that it serves as a strainer and also as a ventilator.

When emptying wet tea leaves, scraps, garbage or anything else that drips, put them into the turned-back cover. The liquid drains off and the garbage drops into the pail when the cover is closed. This keeps the sink clear and the pipes unclogged without extra trouble on the part of the housewife.

The Dover Sanitary Sink Pail is made of galvanized steel, stands seven and three-fourths inches high and measures nine inches in diameter. Its capacity is five quarts. It

is provided with a bail handle, a perforated cover and a strong stop or back support, which holds the cover in a horizontal position while it is being used as a strainer. The pail is convenient to use about the sink and is easy to keep clean. Price, 50 cents.

Weldon Roberts Metal Polisher No. 88.
Made by the Weldon Roberts Rubber Co., 117 Mechanic Street, Newark, N. J.

Steel knives rust, tarnish and stain very quickly, unless given extreme care. Especially is this true of the kitchen and table knives and the carver. Most housewives clean and brighten up their knives by rubbing vigorously with a cloth and scouring powder, but as this operation entails energetic work and also wears away the steel it is not done as frequently as conditions require.

The Weldon Roberts Metal Polisher No. 88 is a device that makes the knife scouring a pleasure instead of a dread, because it accomplishes results with such surprising ease and quickness. It is simply a rectangular piece of reddish brown composition stone, of very fine grit. Rub the discolored part of the knife blade with it, and see how quickly it removes the rust or stains.

The polisher can be used dry or wet and is suitable for cleaning kettles, pots, pans, etc., that show signs of rust. No marks or scratches are visible on the surface after its use. Price, 10 cents.

Tribune Institute Mail

THE story of your esteemed lady who makes dishwashing and dusting and bacon frying and child educating and entertaining mol-crochopos callers one grand, sweet song, by using 35 cents' worth of electricity a month, has just reached our mountain top in Arizona.

I enjoyed the page tremendously. So did my friend, the mother of Jimmy.

Jimmy, in one morning, while his mother was trying to get breakfast on a camp fire, first spilled the eggs (waiting to go into the pan when the bacon was crisp) over his clean overalls, then wiped him off and turned to replenish her fire, which had gone out (it was raining), and while her back was turned Jimmy got hold of a half-pound of butter and was eating it as one might an apple. The butter rescued and the child explained to Montessori, the mother attempted to finish preparing the breakfast, shutting Jimmy in a half tent, half room, where she kept her clothes.

While she finished the bacon and eggs he got the clean suit spread out to put on to welcome father, who was coming on the train, and dragged it about—he thought he had put it on—and got it all muddy.

This was only fifteen minutes of her regular day. Fortunately, Jimmie sometimes sleeps, or his mother would be dead. At any rate, I gave her the page to read to show her how she ought to manage and to encourage her to try to be efficient, and we had a good laugh over the difference in households reached by your paper.

Seriously, your visions are lovely. I think heaven will be like that lady said electricity had made her home.

We plead guilty. Jimmies are among the few things that can't be run by an electric motor. And the disorder of the Rocky Mountains may be more inspiring than the most perfectly ordered household. But—if one has a house, it does bring it nearer to Heaven to run it by system and electricity. Dare we say that Jimmy's instincts were most scientific?—vitamins, energy and warmth, and growth-promoting fats, all admirably suited to his needs, were done up in that half-pound of butter. We wish we had a picture of Jimmy.

MEALS ALL PLANNED FOR THE COMING WEEK

All recipes have been tested by the writer,
VIRGINIA CARTER LEE
Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

ON THE morning visit to the ice-box, Monday morning, there will probably be sufficient of the cold lamb left over from Sunday to serve for the Monday evening dinner and also for a creamed dish for Tuesday's breakfast.

Very little of the meat will be required for the creamed preparation. With the addition of the halved peppers (freed from seeds), grated bread and the sauce, a small cupful will answer admirably to serve four persons, provided they are dished on small rounds of hot buttered toast.

With very economical dinners served for both Tuesday and Thursday, a fine porterhouse or sirloin steak may be indulged in for Wednesday's dinner, especially if the tough end is passed through the meat grinder and utilized as panned meat cakes for the next morning's breakfast.

Studying ahead in this way will be found a wonderful help in catering, particularly when the household budget

is strictly limited. Frequently it makes all the difference between setting a "good table" and a poor one.

Economical dinners, however, should not be stinted ones; but rather the employment of the less expensive meats, fish, etc., so well-cooked and attractively served that they will prove as popular as more costly viands.

The corned beef for Saturday may be cooked in the fireless cooker, then cooled in the steamer in which it has been cooked and placed under heavy weights until ready for service. Cooked in this way the grain will be finer and the slices, while firm, will be tender and juicy.

The addition of a few whole spices, a chopped carrot, turnip and onion, with a couple of bay leaves to the water in which the beef is cooked, will give it a delicious, spicy flavor. If cooked on a range, it should be simmered very gently, as active, hard boiling is fatal to its tenderness.

The braised fowl can also be cooked in the fireless cooker. This will prove a most useful method, especially if the housewife is temporarily without the services of a maid. A fowl suitable for fricassee, weighing about four and a

half or five pounds, should be purchased for this dish.

A number of the desserts that are particularly suited to service on sultry summer evenings are suggested. Space does not permit publishing each and every recipe for their preparation, but I shall be very glad to send any individual rule that the home caterer may desire.

The menu service now appearing in the Sunday Tribune is intended as a real help to the housekeeper and letters will gladly be answered and information given that may help in carrying it out. A stamped, self-addressed envelope will bring a personal reply.

Tested Recipes.

BEELED MUSHROOMS.
Peel the finest and freshest that you can procure, score the under sides and cut the stems close and brush well with softened butter. Have in readiness rounds of buttered toast, lay the mushrooms on these, dust lightly with salt and pepper, dot with bits of butter and cover each with a thick jelly tumbler or small glass bells that in readiness that purpose. Place in small fireproof dishes and bake in a rather quick oven for about twenty-five minutes. Send to

the table in the baking dishes, still covered. This method of cooking conserves the juice and true flavor of the mushrooms.

COCONUT BREAD PUDDING.
Soak a pint of fine bread crumbs in a pint of milk and when soft add three tablespoonsful of desiccated coconut. To another pint of milk add half a cupful of sugar, a pinch of salt and three well-beaten eggs. Flavor with a little lemon juice and the grated yellow rind of the fruit, combine the mixtures and pour into a well-buttered pudding dish. Set the dish in a larger one of hot water and bake until set in the center. Serve warm with a foamy sauce.

ORANGE SOUFFLE.
Add the yellow rind of two oranges and one lemon to a cupful of milk, bring to the boiling point and strain over the beaten yolks of three eggs. Return to the saucepan, add one-quarter of a cupful of sugar and one and a half tablespoonsful of instant gelatin mixed with half a cupful of cold milk. Stir for a moment or two over a very moderate heat until the sugar and gelatin are dissolved; then remove from the fire and cool. As it begins to stiffen, beat well with an egg beater, flavor with the strained juice of two

oranges and one lemon and when very light, fold in the stiffly whipped egg whites. Beat again and turn into an ornamental mould. Chill before serving.

MARSHMALLOW CUP CAKES.
For the cake batter, cream together one-quarter of a cupful of butter and a half cupful of sugar. Add one egg lightly beaten, a pinch of salt, half a teaspoonful of vanilla extract, a generous half cupful of milk and one teaspoonful and a half of baking powder, sifted with sufficient flour to form a cake batter. Beat the mixture hard until it is full of air bubbles and bake in small greased cup cake pans. Ice when cold with the following frosting: Dissolve one even cupful of sugar in one-third of a cupful of boiling water; then cook without stirring until it threads from the spoon (about seven minutes after it begins to bubble). Have in readiness the stiffly whipped white of one egg, pour the syrup carefully upon it and beat steadily while pouring. Add one dozen marshmallows, cut into shreds, and continue to beat until thick enough to spread. Flavor with a few drops of vanilla extract.

DEVILLED BEEF SANDWICHES.
This will be found an excellent method of utilizing the last remnants

of the cold corned beef. Chop the meat finely and add, for each cupful, one teaspoonful of French mustard, a quarter teaspoonful of paprika, half a cupful of shredded watercress and sufficient boiled dressing to moisten. Lie between buttered slices of graham bread, remove the crusts and eat into a triangle. If a still heavier seasoning is desired, add a few drops of tobacco sauce to the dressing.

MAPLE NUT ICE CREAM.
Prepare a maple custard from one pint of milk, one heaping tablespoonful of cornstarch, moistened to a paste with a little cold milk. Cook until well thickened. Add a good pinch of salt and two eggs beaten with half a cupful of crushed maple sugar. Cook only for a moment after the eggs and sugar are added, remove from the fire and when cold fold in half a pint of stiffly whipped cream and three tablespoonsful of thick maple syrup. Mix well, turn into a chilled freezer and freeze slowly. When the cream commences to congeal, stir in a large cupful of chopped nut meats and continue to freeze until smooth and firm. Repack in a melon mould with a water-tight cover and bury in ice and rock salt for four hours before serving.

Monday.
BREAKFAST
Cantaloupe,
Uncooked Cereal,
Eggs on Cocotte,
Raisin Bread Toast,
Coffee.
LUNCHEON
Belled Mushrooms,
Watercress Sandwiches,
Chocolate Crackers,
Iced Tea.
DINNER
Bisque of Tomato,
Cold Sliced Lamb,
Spiced Grapes,
Baked Potatoes,
Green Corn,
Sliced Cucumbers,
French Dressing,
Coconut Bread Pudding.

Tuesday.
BREAKFAST
Sliced Peaches,
Cooked Cereal,
Creamed Lamb in Green Peppers,
(last of cold lamb)
Coffee.
Rye Muffins
LUNCHEON
Creamed Chipped Beef,
(in the chafing dish),
Corn Bread,
Pineapple Tapioca.
DINNER
Scotch Broth,
(from the lamb bone),
Fried Pan Fish, Cucumber Tartare Sauce,
Escalloped Potatoes, Baked Tomatoes,
Apple Salad,
Orange Souffle.

Wednesday.
BREAKFAST
Moulded Cereal with Stewed Figs,
Browned Vegetable Hash,
Waffles, Maple Syrup,
Coffee.
LUNCHEON
Devilled Egg Sandwiches,
Chilled Buttermilk,
Warm Gingerbread.
DINNER
Planked Steak with Potato Border,
Creamed Cauliflower,
Lettuce Salad,
Watermelon.

Thursday.
BREAKFAST
Bartlett Pears,
Uncooked Cereal,
Broiled Liver and Bacon,
(from tough end of the steak),
Fried Mush.,
Coffee.
LUNCHEON
Stuffed Tomato Salad,
Bread Sticks, Ripe Olives,
Fried Apple Turnovers.
DINNER
Olive and Tomato Canapes,
Lamb Pot Pie with Dumplings,
String Beans, Cress Salad,
Potato Balls,
Peach Ice in Meringue Shells.

Friday.
BREAKFAST
Stewed Apples,
Uncooked Cereal,
Broiled Liver and Bacon,
Toasted Crumpets,
Coffee.
LUNCHEON
Tomato and Lamb Mince on Toast
(left over pot pie),
Watercress,
Jumbles.
DINNER
Vegetable Soup,
(without meat),
Broiled Weak Fish,
Faitre d'Hotel Butter,
Parsley Potatoes, Fried Green Peppers,
Aspic Jelly Salad,
Ginger, Pear Sherbet.

Saturday.
BREAKFAST
Cooked Cereal with Dates,
Fish Timbales
(left over fish),
Coffee.
Coffee Cake
LUNCHEON
Baked Pork and Beans,
Boston Brown Bread,
Sweet Pickle.
Orangeade, Marshmallow,
Cup Cakes.
DINNER
Beef Bouillon in Cups,
(from extract or bouillon cubes),
Pressed Corned Beef, Potato Salad,
Chutney Sauce, Hot Rolls,
Peach Cottage Pudding, Foamy Sauce.

Sunday.
BREAKFAST
Greengages,
Meringue Cereal,
Coddled Eggs,
Coffee.
Broiled Bacon
LUNCHEON OR SUPPER
Devilled Beef Sandwiches,
(from cold corned beef),
Fruit Punch,
Coffee Junket in Halved Cantaloupes.
DINNER
Cream of Corn and Green Pepper,
Braised Fowl, Riced Potatoes,
Lima Beans, Spinach,
Fruit Salad,
Maple Nut Ice Cream.